



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid

Mental Health First Aid is a public education program offered by the Fairfax-Falls Church Community Services Board that can help communities understand mental illnesses, seek timely intervention, and save lives.

About 1 in 5 adults in the U.S. in a given year has a diagnosable mental illness. Symptoms of mental illness can be difficult to detect – and even when friends and family can tell that something is wrong, they may not know how to help.

Mental Health First Aid:

- Introduces risk factors and warning signs of mental health problems,
- Builds understanding of the importance of early intervention, and
- Most importantly, teaches how to help someone who is in crisis or experiencing a mental health or substance use challenge.

Our certified instructors teach four versions of the program throughout Fairfax County and cities of Fairfax and Falls Church:

- Mental Health First Aid (Adult)
- Primeros Auxilios para Salud Mental (Spanish Mental Health First Aid)
- Youth Mental Health First Aid (for adults who live or work with adolescents)
- Mental Health First Aid for Public Safety (for police and others who work in public safety roles)

In addition to courses that are available for individual enrollment, you can also request a customized group Mental Health First Aid course.

There is a \$25 materials fee for these two-day courses. Fairfax County government employees attend free of charge.

**Visit www.fairfaxcounty.gov/csb/mental-health-first-aid
to learn more or sign up for a class!**

**Questions? Contact Lori Naveda at 703-538-3215
or Lori.Naveda@fairfaxcounty.gov.**



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. To request this information in an alternate format, call 703-324-7000, TTY 711.

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